

Coffee Cooler

Makes: 1 Serving

Ingredients

1/2 cup milk, 1%
1/2 cup low-fat vanilla frozen yogurt
1/2 cup coffee (cooled to room temperature)
3 ice cubes
1 teaspoon sugar

Directions

1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa, or nutmeg if you like.